

# Family Coaching

will help you  
**Achieve Balance**



- ◆ Teach your children responsibility, kindness, respect and limits
- ◆ Handle transitions and stressors such as empty-nest, loss, depression and divorce
- ◆ Attend to your marriage and build a healthy and fun family life

Balanced Parenting

Bette Alkazian, M.A., LMFT  
Balanced Parenting

805-230-2464

[www.balancedparenting.com](http://www.balancedparenting.com)

## Build a Healthy Family Life

### What is Family Coaching?

**B**uilding “family esteem” is at the heart of family coaching — creating a shared sense of participation in the family’s successes and weathering the difficult times together. A Family Coach provides parents with skills to build a healthy family life, including appropriate limit-setting, conflict resolution methods and effective communication. Coaching can be conducted in person and/or via phone.

Families with children with medical or developmental disorders or temperament difficulties face distinct obstacles in addition to everyday challenges. A Family Coach will guide you through the various emotional issues of being both caregiver and advocate, helping you to maintain personal balance in the process.

### What is Balanced Parenting?

**B**alanced Parenting is Bette Alkazian’s Family Coaching practice. As a Family Coach, Bette helps families with young children lead happier and more balanced lives by teaching them creative and practical ways to handle the challenges and joys of raising children. From helping a baby to sleep through the night to handling power struggles with teens.

“I am passionate about helping parents create the best possible family life. We all hope our children will grow into self-reliant, responsible, respectful and appreciative adults. My greatest joy is helping parents guide their children toward that end while truly enjoying the journey.”

--Bette Alkazian, Family Coach and  
Licensed Marriage and Family Therapist

## Developmental or Medical Disorders

**B**alancing attention among children can be a struggle when one child requires more medical or emotional support than another, as is often the case with autism spectrum disorders, bi-polar disorder, chronic illness and difficult temperament styles. Such disorders present a special set of issues for parents, children and their siblings. Through her coaching practice, Bette Alkazian helps families with medically or developmentally challenged children establish effective methods of communication and appropriate parenting techniques to create a healthy and balanced family life.

### Interested in Trying Out Family Coaching?

Complimentary 15-minute phone consultations are available to any family interested in learning how Family Coaching can help them create a healthy family life. Contact Bette Alkazian at 805-230-2464 or via e-mail at [bette@balancedparenting.com](mailto:bette@balancedparenting.com) to schedule your free consultation.

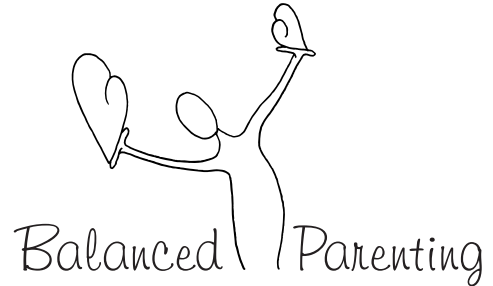
### About Bette Alkazian Family Coach and Licensed Marriage and Family Therapist

Bette has been a Family Coach, Licensed Marriage and Family Therapist, Parent Educator and lecturer for over fifteen years. Bette holds an M.A. in Educational Psychology/Marriage and Family. Through her coaching practice — Balanced Parenting — Bette provides solutions and proven methods to help families restore and maintain peace and balance at home. Happily married, Bette and her husband, Jeff, are the parents of three daughters. Bette Alkazian and her family live in Westlake Village, California.



**G**ood coaching is essential to any team that desires winning results. Family Coach and Licensed Marriage and Family Therapist Bette Alkazian has guided hundreds of families into “winning teams” through her coaching practice — Balanced Parenting. Bette Alkazian can help your family develop tools to successfully navigate the peaks and valleys of family life.

You can do it!



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**“Helping families successfully balance the joys and challenges of family life.”**

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# Highlights of How Family Coaching Will Help You!

**P**arenting patterns in the early years set a course for the future. Family Coaching helps parents maximize positive patterns to create a well-balanced family life.

Family Coaching will help you to:

- ◆ Establish respect and authority as a parent
- ◆ Communicate to get your message across and effectively express emotions
- ◆ Resolve conflicts
- ◆ Survive and understand your child's developmental stages — from the terrific two's to pre-adolescence and adolescence
- ◆ Reduce sibling rivalry
- ◆ Attend to individual relationships and the collective family relationship
- ◆ Be a good role model as you enjoy your children and the parenting journey

Effective  
Communication

Respect

Understanding

Creativity

Tools for Parenting

**“It’s not what you  
leave to your kids, but  
what you leave in them.”**

-- Les Brown

